

# Physical Activity - What Does It Mean?

**Sedentary activity** - Not moving; does not provide much physical activity (Ex: sitting, reading, drawing)



**Moderate physical activity** - Body movement that increases heart rate and breathing, but a person can still carry on a conversation (Ex: walking, playing on outdoor play equipment, swinging, climbing)



**Vigorous physical activity** - Rhythmic, repetitive body movement; uses large muscle groups, causes rapid breathing and increases heart rate substantially (Ex: running, hopping, galloping, jumping games, dancing or skipping to music)

**Moderate-to-Vigorous physical activity (MVPA)** - A combination of both moderate and vigorous physical activity

**Structured activity** - "Play with a purpose"; Planned and intentionally led by a teacher or other adult; Focus on development of specific skills



**Unstructured activity** - "Free-play"; self-directed; allows for exploration, creativity and opportunity for children to play together on their own